



Tabbouleh



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



451 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 250 g couscous
- ☐ 4 vine ripened tomato
- ☐ 4 servings cucumber
- ☐ 1 bunch spring onion sliced
- ☐ 40 g parsley fresh
- ☐ 4 servings lemon zest grated
- ☐ 6 tbsp olive oil
- ☐ 2 tbsp juice of lemon

☐ 1 garlic clove crushed

Equipment

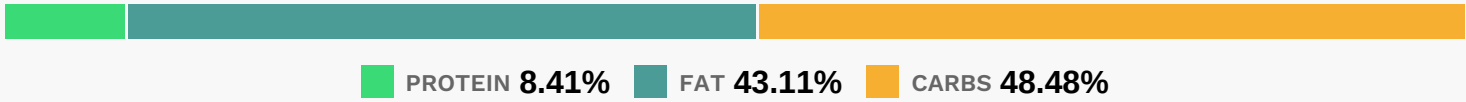
☐ bowl

☐ whisk

Directions

- ☐ Put the couscous into a large bowl.
- ☐ Pour over the boiling water or stock and stir. Cover with a plate or cling film and leave to stand for 5 mins until all the liquid has been absorbed. Separate the grains by roughing them up with a fork.
- ☐ Finely dice the vine-ripened tomatoes and the cucumber. Slice the spring onions and finely chop the parsley, then add everything to the couscous with the grated zest of a lemon.
- ☐ Whisk the olive oil, lemon juice and the garlic with plenty of seasoning and drizzle over the couscous. Toss well and serve with some grilled fish, meat or chicken.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:30.94, Inflammation Score:-9, Nutrition Score:17.287391309505%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 451.28kcal (22.56%), Fat: 21.76g (33.48%), Saturated Fat: 3.02g (18.9%), Carbohydrates: 55.07g (18.36%), Net Carbohydrates: 49.92g (18.15%), Sugar: 3.68g (4.09%), Cholesterol: 0mg (0%), Sodium: 19.61mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.09%), Vitamin K: 198.86µg (189.39%), Vitamin C: 34.71mg (42.07%), Vitamin A: 1928.15IU (38.56%), Manganese: 0.67mg (33.37%), Vitamin E: 3.81mg (25.39%), Fiber:

5.15g (20.61%), Vitamin B3: 3.09mg (15.44%), Phosphorus: 145.77mg (14.58%), Potassium: 479.84mg (13.71%), Folate: 51.68µg (12.92%), Copper: 0.25mg (12.56%), Magnesium: 48.02mg (12%), Vitamin B1: 0.16mg (10.87%), Iron: 1.86mg (10.31%), Vitamin B6: 0.19mg (9.67%), Vitamin B5: 0.95mg (9.48%), Zinc: 0.87mg (5.82%), Vitamin B2: 0.09mg (5.24%), Calcium: 47.85mg (4.78%)